

RECREATIONAL SWIM SCHEDULE

All are subject to change.



Lap Swim

This is an opportunity for swimmers to train and exercise. Our lifeguarding staff make every effort to manage the lap lanes and group swimmers of varying abilities and workout needs. We require circle swimming in lanes with 3 or more swimmers. We have no minimum age requirement for attending lap swims, although, participants must truly be swimming laps.

M - F.....6:00 - 7:30 am
M - F.....11:30 - 1:00 pm
Sa.....12:00 - 1:00 pm
M - Th.....8:00 - 9:00 pm

Public Swim

This is a time for kids and families to practice their swimming skills, or just have fun. Children wishing to swim in the deep end must pass a swim test. All children under six (6) years of age or less than 48" in height must be accompanied in the water and directly supervised by an adult at all times.

M, W \$2.00.....7:00 - 8:00 pm
Tu, Th, F, \$3.25.....7:00 - 8:00 pm
Sa, \$4.25.....1:00 - 3:00 pm
Sa, \$2.00.....2:00 - 3:00 pm



Family Swim

*Shallow end only. An adult must be in the water directly supervising all children under 18 years of age.

M - F, \$3.25.....12:00 - 1:00 pm
F, \$3.25.....6:00 - 7:00 pm

Upcoming Classes

Monday/Wednesday or Tuesday/Thursday

April 25 - May 25
June 1 - June 22

April 26 - May 26
May 31 - June 23

Registration begins up to three months before the start of the class.

Adult Lessons

These are offered Tu, Th from 8 - 9 pm.

PRIVATE LESSONS

Need extra help on a specific skill or more individual attention? Ask about our private and semi private lessons.



WATER EXERCISE

One-hour shallow water and deep water exercise classes are offered on a drop-in basis for people age 15 and above. No swimming ability is necessary.

Shallow: This low-impact workout is designed to increase strength, flexibility, and energy.

Deep: Deep water exercise participants will wear a buoyancy belt (we have a few at the pool) and use other floatation equipment. The workout is offered in a zero impact environment and focuses on developing balance, endurance, and flexibility while progressively increasing cardiovascular fitness.

M, W, (Shallow).....8:30 - 9:30 am
Tu, Th, F, (Deep).....8:30 - 9:30 am
M, W, (Shallow).....8:00 - 9:00 pm
Tu, Th, (Deep).....6:00 - 7:00 pm

POOL RENTALS

Pool Rentals are great for birthdays, church groups, and scouting groups. Groups receive exclusive use of the pool, with lifeguards. Rentals are available, Saturdays, beginning at 3pm and Friday evenings from 8-9 pm for hourly group or private parties. We can customize your party to make it an unforgettable occasion. Along with exclusive use of the pool, you can choose the extras you desire, such as a private party room, Big toy, small toy or our Ultimate Party Packages. Party pricing is dependant on the options you choose to make this a memorable day. Call 206-296-4335 to plan your party and waves of fun for everyone!!

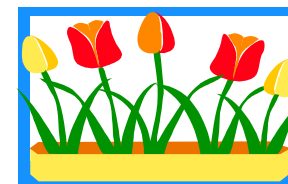
Pool Rental Fees:

Size of Group	Fee Per Hour
1 - 25	\$95.00
26 - 60	\$126.00
61 - 90	\$157.50
91 - 120	\$197.00
121+	\$250.00
If Available -	
Small Aquatic Toy.....	\$24.00
Large Aquatic Toy.....	\$40.00
Party Room.....	\$45.00
Ultimate Party Packages	\$40.00
(Includes 10 party bags)	
Additional Party Bags.....	\$6.00 ea



Gift Certificate

Give the gift of health, fitness and fun! Gift certificates may be purchased for any program in any amount.



FLOAT IN MOVIE

Come to the pool and enjoy a movie presentation while you swim. Bring your favorite inflatable toy or lifejacket and enjoy this popular special event with the overhead lights turned off and the underwater lights turned on. For more information please call the pool.

Movie: The Incredibles
Friday, April 29, 2005
7:00 - 9:00 pm
Admission: \$4.25

Movie: TBA
Friday, May 27, 2005
7:00 - 9:00 pm
Admission: \$4.25

Other Special Events

April Pools Day

April 23, 2005

Safety Theme with Public Swim



1:00-3:00 pm

Fun for All Ages!



POOL PASSES

Save money while you swim! Check with a staff member to determine how much you can save. Passes make great gifts and are good at all King County Parks Swimming Pools!

	3 Months	1 Year
Youth	\$107.25+ tax	\$312.00+ tax
Adult	\$156.75 + tax	\$456.00+ tax
Senior	\$ 107.50+ tax	\$273.00+ tax
Disabled	\$ 82.50 + tax	\$260.00+ tax
Family	\$275.00+ tax	\$650.00+ tax

SWIMMING POOL FEES

General Admission Fees (per hour)

Children Under three (3) are FREE!

Public Swim

Youth.....	\$3.25
Adult.....	\$3.25
Senior.....	\$3.25
Person with Disability.....	\$2.50

Family Swim

Youth.....	\$3.25
Adult.....	\$3.25
Senior.....	\$3.25
Person with Disability.....	\$2.50

Adult/Lap Swim

Youth.....	\$4.75
Adult.....	\$5.00
Senior.....	\$3.50
Person with Disability.....	\$3.50

Promotional Swim.....\$2.00

Shower Only.....\$3.25

WATER EXERCISE INSTRUCTION

1-hour

Adults	\$6.25
Seniors	\$4.75
Adult Card	\$61.50
Senior Card	\$42.00

RESALE

ITEMS

Goggles.....	\$6.00
Caps.....	\$3.00
Reusable Swim Diapers.....	\$10.00
Disposable Swim Diapers.....	\$1.00
Water Resistant Gloves (Wave Webs).....	\$20.00
Nose Plugs.....	\$5.00
Shampoo 6oz.....	\$7.00
16oz.....	\$12.00
Conditioner 6oz.....	\$7.00
16oz.....	\$12.00
Sample Size Shampoo or Conditioner.....	\$1.00



King County Renton Pool

16740 - 128 Ave SE
 Renton, WA 98058-5531
 Phone:(206) 296-4335

Spring Schedule

March 14 - June 23, 2005

We will be closed:

Maintenance Closure: March 14 - April 22, 2005

Memorial Day Weekend: May 28, 29, & 30, 2005

Try out our new Water Slide!!

It's a Splash!!



April Pools Day

April 23, 2005

Come Join the fun!

It's Free!!



www.metrokc.gov/parks/pools/pools1.htm